

# NEWINGTON PARKS AND RECREATION

*"Creating Community through People, Parks & Programs"*

# Fall 2010 Program Guide



Join us for our Annual Halloween Party! Check page 3 for details!



# Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

## PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ Apt./Box # \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

[ ] Check if new address Home Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: \_\_\_\_\_

\_\_\_\_\_ Supplemental medical forms are available online or in our office.

## PROGRAM INFORMATION

*One registration form can be used for more than one person in the same household.*

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

## PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Register today! Registration is first-come, first-served!

TOTAL FEES: \$ \_\_\_\_\_

**“ROUND UP” For Youth Recreation** Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.



+ \_\_\_\_\_

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

EXP. DATE \_\_\_\_ / \_\_\_\_

Circle type of card: VISA MASTERCARD DISCOVER



# Facility Reservations

## Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30/hour.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

## Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.

# Contents

Registration Form.....	2
Facility Rentals/Community Events.....	3
Bus Trips.....	4-5
Aquatics.....	6-7
Toddler/Preschool Programs.....	8
Youth Programs.....	8-10
Youth Art.....	11
Youth/Teen Programs.....	12
Adult Sports & Fitness.....	13-15
Adult Programs.....	16
Adult Yoga/Pilates.....	17
Older Adult Programs.....	18-19
Registration Info.....	20

# Community Events



## Movie in the Park - *Homeward Bound: The Incredible Journey*

*Sponsored by the Newington Rotary Club*

**Monday, August 30th, 8:00 p.m. (Rain Date: Tuesday, August 31st), Mill Pond Park**

Mill Pond Park will become an outdoor cinema for a viewing of the G-rated "**Homeward Bound: The Incredible Journey**" sponsored by the Newington Rotary Club. Starring the voices of Michael J. Fox and Sally Field, this movie will be sure to provide laughs for the whole family. Bring a blanket or lawn chairs, your family and friends and lounge in the park to enjoy the film! This event is free and fun for the whole family. In case of inclement weather, please call our hotline at 860-665-8686.

## Annual Halloween Party

**Saturday, October 30th, 1:00 - 3:00 p.m.**

**Mortensen Community Center**

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to keep your little ghosts and goblins busy. And, of course, it wouldn't be a Halloween Party without candy, refreshments and a DJ so we can dance the Monster Mash! This party is open to children in Preschool through Grade 4. Children should wear their costumes. Pre-registration is required by Thursday, October 28th. Registration fee is \$5 per child for residents, \$8 per child for non-residents. **ID: 7208**

Pre-registration is **REQUIRED** for this event by Thursday, October 28th.



## Newington's Night of Lights *Carol Sing, Tree Lighting & Sleigh Rides*

**Saturday, December 4th at 5:00 p.m. (Rain/Snow Date: Sunday, December 5th)**

**Carol Sing & Tree Lighting at Town Center, Main Street (Sleigh Rides at Mill Pond Park)**

*Come early! Join us for a Wreath Lighting at Mill Pond Waterfall at 4:30 p.m., followed by a walk and carol sing to the Town Center. Also - save the dates for Pictures with Santa on December 3rd and 4th! More information TBA!*

Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual event. This magical night includes a Fire Truck parade, refreshments, entertainment, guest speakers, carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole! This is a free community event. To make the night more special, bring a canned food item to benefit the Town's food bank. More information will be published in our Winter Program Guide. In case of inclement weather, please call 860-665-8686.



# Bus Trips...



## Yankees vs. Orioles *Saturday - Sunday, September 18 - 19th, 2010*

Enjoy TWO games in one weekend in Baltimore, MD.

Fee:       \$359 Single per person                      \$299 Double per person  
              \$289 Triple per person                    \$279 Quad per person

ID: 6635

### Bus trip includes:

- Round trip transportation with a DATTCO tour director
- 1 night accommodation at Marriott Baltimore Inner Harbor with 1 full American breakfast at hotel
- Ticket to Saturday and Sunday Orioles Games at Camden Yards and leisure time at Baltimore Inner Harbor
- Bus departs from the **Department of Transportation Commuter Lot at 9:00 a.m.** Departs Baltimore 1/2 hour after game



## Statue of Liberty & Ellis Island Tour *Saturday, September 11th, 2010*

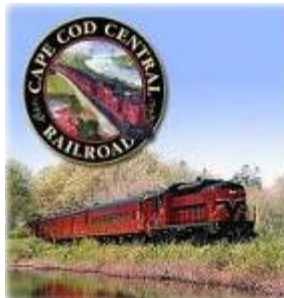
See Lady Liberty in New York Harbor—located on 12-acre Liberty Island, the Statue of Liberty was a gift of international friendship from the people of France—and is one of the most universal symbols of political freedom and democracy. Visit Ellis Island where millions of immigrants began the process toward becoming American citizens. Reopened in 1990 after a massive restoration, the Main Building on Ellis Island is now a museum dedicated to the history of immigration and the important role this island claimed in the late 19<sup>th</sup> & 20<sup>th</sup> century.

Fee:       \$64 per person for Adults 18+  
              \$54 per person for children under 18

ID: 7140

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Round trip Circle Line ferry to Statue of Liberty and Ellis Island
- Leisure time at South Street Seaport
- Bus departs from the Newington Police Station at 7:00 a.m. and departs New York City at 7:00 p.m.



## Cape Cod Central Railroad & Canal Cruise *Sunday, October 3rd, 2010*

Take a “Cape Escape” and enjoy a two-hour train ride on board the Cape Cod Central Railroad to the banks of the Cape Cod Canal while being served a sumptuous Sunday brunch prepared by the acclaimed culinary staff aboard the elegant, climate controlled vintage dining cars. The Brunch Train departs from the Hyannis station. You’ll then enjoy a leisurely cruise along the Cape Cod Canal, a National Historic Civil Engineering Landmark. During the cruise on board Hy-Line Cruises, you will hear about the canal’s early history, digging the canal and current uses from your experienced narrator while beautiful scenery is all around you. The crisp fall air will surround you as you see autumn unfold along your journey. Of course, there will be the obligatory stop at the Christmas Tree Shop to begin your holiday shopping, a chain of stores that started in Yarmouthport, MA on Cape Cod in 1970 as a complex of three small stores. Pick up bargains from food to toys to household furnishings to, of course, Christmas decorations!

Fee:       \$104 per person

ID: 7141

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Two-hour train ride including Sunday brunch on board the Cape Cod Central Railroad
- Narrated Cape Cod Canal Cruise on board Hy-Line Cruises
- Leisure time to shop at the Christmas Tree Shops in Yarmouthport, MA
- Bus departs from the Newington Police Station parking lot at 6:00 a.m. and departs Hyannis at 6:00 p.m.



## Haunted Happenings in Salem, MA *Saturday, October 30th, 2010*

Discover the magic of Salem at Halloween! Take advantage of free admission to either The House of Seven Gables or The Salem Witch Museum. Enjoy leisure time to experience the “Haunted Happenings” around Salem. You’ll have time, if you choose, to visit other attractions on your own, including the Peabody Essex Museum, “Cry Innocent”, Salem Witch Museum, Witch Dungeon Museum, Witch House and Events on Pickering Wharf. Don’t miss all the fun!

Fee:       \$58 per person

ID: 7142

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to the House of the Seven Gables or the Salem Witch Museum
- Leisure time to enjoy the “Haunted Happenings” around Salem (Maps, menus and event schedules provided.)
- Bus departs from the Newington Police Station parking lot at 8:00 a.m. and departs Salem at 7:00 p.m.





# Bus Trips...



## Macy's Thanksgiving Day Parade *Thursday, November 25th, 2010*

Celebrate the coming holiday season at one of the most beloved holiday events ever - the Macy's Thanksgiving Day Parade. This spectacular and colorful parade winds through the streets of Manhattan - in one of the Big Apple's most eagerly anticipated events. See the famous balloons, floats, marching bands, clowns and of course, Santa Claus.

Fee: \$48 per person

ID: 7144

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Drop-off at FAO Schwartz - 5th Avenue between 58th and 59th Streets - Walk across Central Park by the Plaza Hotel.
- Bus departs from the Newington Police Station parking lot promptly at 5:00 a.m. and departs New York City at 12:30 p.m.



## Christmas Spectacular at Radio City Music Hall

*Wednesday, December 1st, 2010*

The Radio City Christmas Spectacular starring the World Famous Rockettes is an unparalleled show featuring the Rockettes' signature high kicks and precision choreography in multiple show-stopping numbers. Families will be delighted as Santa flies high above the crowd and touched as the true meaning of Christmas is brought to life. You won't want to miss this show, which has dazzled and inspired over 65 million people for more than 75 years and continues to create memories that last a lifetime.

Fee: \$104 per person

ID: 7143

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Ticket to 2010 Christmas Spectacular at Radio City Music Hall 2:00 p.m. show (2nd mezzanine seats)
- Leisure time for shopping in New York City
- Bus departs from the Newington Police Station parking lot at 7:00 a.m. and departs New York City at 4:00 p.m.



## Dinner with Dickens & Bright Nights *Friday, December 10th, 2010*

Guests will travel to Springfield, Massachusetts to enjoy being greeted by Carolers from the grand Victorian era, welcoming them to the historic Barney Carriage House. They will be served a sumptuous buffet dinner and hear Charles Dickens's tale of Ebenezer Scrooge, Bob Cratchit and Tiny Tim. Dinner will include English Caesar salad, whipped potatoes, Tiny Tim vegetable medley, Chef-carved turkey breast with stuffing and cranberry sauce, rolls and butter, bread pudding and apple crisp. Also enjoy "Bright Nights at Forest Park", which is celebrating its 16th season! "Bright Nights at Forest Park" is New England's single most popular holiday destination and largest holiday lighting display with more than 600,000 lights along a 3-mile route at Forest Park in Springfield, Massachusetts.

Fee: \$92 per person

ID: 7145

### Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Includes dinner buffet and drive through Bright Lights.
- Bus departs from the Newington Police Station parking lot promptly at 2:30 p.m. and departs Bright Nights at 9:00 p.m.

## Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departs from and returns to the Police Station Parking Lot located behind the Newington Town Hall on Garfield Street unless otherwise stated.

# Aquatics...

## Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swim and is supervised by certified Red Cross lifeguards. Newington residents may use a Summer 2010 pool pass for the 2010-2011 indoor season, or may purchase pool passes for the indoor season. To purchase a pool pass for the indoor season, please pick up a pool pass form available at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (See box below). Children under 13 must be accompanied by an adult.

**Time:** 7:00 PM - 8:45 PM  
**Dates:** Mondays, Wednesdays & Fridays, Oct. 4, 2010 - June 3, 2011. *The pool is unavailable on all holidays and dates that the high school is closed, and is also closed when school is cancelled due to inclement weather. Call 860 665-8666 for information regarding school vacation swim times - 2/21-2/25/10 and 4/18-4/22/10.*  
**Fee:** Free with a 2010/2011 pool pass or \$3.00 for adults, \$2.00 for children under 18, \$2.00 for senior citizens.

**Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.**

## Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Participants must be Newington residents. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. **\*Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

**Level 1 - (MUST BE AT LEAST 6 YEARS OLD)** Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

**Level 2 -** Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

**Level 3 -** Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

**Level 4 -** Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

**Level 5 -** Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

**Level 6 -** Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

**For a more detailed list of the level descriptions,  
please visit our website at**

**[www.newingtonct.gov](http://www.newingtonct.gov)**

## Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

### Newington High School Indoor Pool

605 Willard Avenue, Newington  
Open Mon., Wed., and Fri.: 7:00 – 8:45 PM  
Office Number – 860-665-8666  
Hotline – 860-665-8686

### Rocky Hill High School Indoor Pool

50 Chaplin Avenue, Rocky Hill  
Office Number – 860-258-7429  
Information Line – 860-258-2772

### Wethersfield High School Indoor Pool

411 Wolcott Hill Road, Wethersfield  
Office/Information Number – 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.





## Adult Swim Lessons

*Ages 18 and up*

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool  
*Fee:* \$65 (4 classes)

ID:	Time	Dates
<b>Beginners</b>		
7186	7-7:30 p.m.	Wednesdays, October 6 - 27
<b>Advanced Beginners</b>		
7187	7-7:30 p.m.	Wednesdays, Nov. 3 - Dec. 1 (no class 11/24)

## Preschool & Parent

*Ages 3-5*

We are now offering Preschool & Parent classes at the Newington High School indoor pool. Your 3-5 year old can now participate in our swimming lesson program during the indoor season! A parent is required to be in the water at all times with their child and should be comfortable in the water. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool  
*Fee:* \$30 (8 classes)

ID:	Time	Dates
7188	5:30 - 6:00 PM	Wednesdays, Oct. 6 - Dec. 1 (no class 11/24)

## Group Swim Lessons *Ages 6—17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool  
*Fee:* \$30 (8 classes)

**Wednesdays, October 6 - December 1**  
(8 classes, no class 11/24)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 7193
Level 2	ID: 7189	ID: 7194
Level 3	ID: 7190	ID: 7195
Level 4	ID: 7191	ID: 7196
Level 5/6	ID: 7192	ID: 7197



## Semi-Private Swim Lessons *Ages 6—17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool

*Fee:* \$65 (4 classes)

### **Session 1 - WEDNESDAYS** **October 6 - 27**

	6:30 - 7:00 PM
Level 1	ID: 7198
Level 2	ID: 7199
Level 3	ID: 7200
Level 4	ID: 7201
Level 5/6	ID: 7202

### **Session 2 - WEDNESDAYS** **November 3 - December 1** (no class 11/24)

	6:30 - 7:00 PM
Level 1	ID: 7203
Level 2	ID: 7204
Level 3	ID: 7205
Level 4	ID: 7206
Level 5/6	ID: 7207

# Toddler, Preschool & Youth...

## Gymnastics

*Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. Children must be 2 when class begins in order to participate.

*Instructor: New England Gymnastics Express Staff*

*Location: New England Gymnastics Express—136 Day St, Newington*

*Fee: \$79 for residents / \$98 for non-residents*



ID:	Time	Dates
<u>Parent and Tot: Ages 2 - 3 1/2 with Parent</u>		
7146	1:00 - 1:40 PM	Mondays, Sept. 20 - Nov. 8 (8 classes)
<u>Preschool: 3 1/2—5 years old</u>		
7147	1:50 - 2:30 PM	Mondays, Sept. 20 - Nov. 8 (8 classes)
7148	1:45 - 2:25 PM	Thursdays, Sept. 23 - Nov. 11 (8 classes)
<u>Beginner: Kindergarten - 2nd Grade</u>		
7149	6:00—6:45 PM	Tuesdays, Sept. 21 - Nov. 9 (8 classes)
7150	6:00—6:45 PM	Thursdays, Sept. 23 - Nov. 11 (8 classes)

## Dance Classes

*Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

*Instructor: Janet Arnold*

*Location: Mortensen Community Center Romano Room*

*Fee: \$48 for residents  
\$60 for non-residents*

ID:	Ages	Class	Time
<u>Dates: Saturdays, October 2 - December 11th (9 classes, no class 10/30, 11/27)</u>			
7151	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM
7152	4 - 6	Hip Hop	2:00 - 2:45 PM
7153	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM
7154	5 - 8	Ballet	3:30 - 4:15 PM
7155	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM



in

## Mornin' Munchkins

*Ages 12—36 Months with Parent*

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

*Instructor: Loralyn Callahan*

*Location: Mortensen Community Center  
Romano Room*

*Fee: \$45 for residents / \$56 for non-residents*

ID:	Time	Days
7156	9:30 - 10:15 AM	Mondays, Oct. 18 - Dec. 6 (8 classes)
7157	10:30 - 11:15 AM	Mondays, Oct. 18 - Dec. 6 (8 classes)

## Jumpin' Gym Daze

*Ages 12—36 Months with Parent*

You and your toddler will enjoy this fulfilled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

*Instructor: Randi Thureson*

*Location: Mortensen Community Center Gymnasium*

*Fee: \$39 for residents / \$49 for non-residents*

ID:	Time	Days
7158	9:30 - 10:15 AM	Wednesdays, Oct. 6 - Dec. 1 (8 classes, no class 11/24)
7159	10:30 - 11:15 AM	Wednesdays, Oct. 6 - Dec. 1 (8 classes, no class 11/24)



### Friendly Reminder:

Unless otherwise specified, only children who are registered for a program may attend. Having siblings in a class can be distracting to the instructor and unfair to the other participants. Please make alternative arrangements for siblings who are not enrolled in a program.



# Youth Sports & Fitness...

## Zumba Kids *Ages 4-11*

Zumba is a dance-fitness class that combines Latin and International music with dance movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more to create a party-like atmosphere. Parents are welcome to stay and watch. Participants should bring water and wear comfortable clothes.

*Instructor: Carrie Tartaglia*

*Location: Senior & Disabled Center Auditorium*

*Fee: \$20 per session for residents / \$25 per session for non-residents*



ID:	Time	Dates
-----	------	-------

### Ages 4-7

7160	4:00 - 4:40 PM	Tuesdays, Oct. 5 - Nov. 2 (5 classes)
7161	4:00 - 4:40 PM	Tuesdays, Nov. 16 - Dec. 14 (5 classes)

### Ages 8-11

7162	4:50 - 5:30 PM	Tuesdays, Oct. 5 - Nov. 2 (5 classes)
7163	4:50 - 5:30 PM	Tuesdays, Nov. 16 - Dec. 14 (5 classes)



**Skyhawks Sports!**  
*Ages 3 1/2 - 7*

Skyhawks Sports are introductory programs for young children to help them explore soccer, baseball and basketball. SkyHawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in all three sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go into the gym the last 10 minutes of the program each day.

*Instructor: Skyhawks Staff*

*Location: Ruth Chaffee Elementary School Gymnasium*

*Fee: \$65 for residents (fee remains the same for non-residents)*

ID:	Time	Days
-----	------	------

### Tiny Hawks (Ages 3 1/2—4 with parents)

7167	5:00— 5:50 PM	Thursdays, Sept. 16 - Oct. 21 (6 classes)
------	------------------	---

### Mini Hawks (Ages 5-7)

7168	6:00- 7:00 PM	Thursdays, Sept. 16 - Oct. 21 (6 classes)
------	------------------	---

## Tennis Lessons

*Ages 7—17*

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.

*Instructors: Newington Tennis Center Staff*

*Location: Newington Tennis Center, 60 Prospect Street*

*Fee: \$99 for residents (fee remains the same for non-residents)*



ID:	Time	Days
-----	------	------

7164	4:00 - 5:00 PM	Sundays, September 12 - October 17 (6 classes)
7165	4:00 - 5:00 PM	Sundays, October 24 - November 28 (6 classes)
7166	4:00 - 5:00 PM	Sundays, December 5 - January 16 (6 classes, no class 12/26)



## Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this season, our instructors will have the right to send any visibly ill children home from any program at their discretion.

# Youth Theatre and Dance Programs...

## Acting Classes with Performing Arts Programs, Inc.

Grades K - 6

Unleash your creativity! Performing Arts Programs, Inc. is New England's proven and premiere performing arts talent development & educational program for children of all skill levels offering a professional, progressive program. Dedicated to creating a fun, affirming environment to cultivate each child's own unique creativity.



For more information, please visit [www.performingartsprograms.biz](http://www.performingartsprograms.biz).

Acting group lessons will include specifically designed exercises such as theater games, concentration exercises, voice and speech work, structured improvisation to improve performance, subtext, monologue work, acting terminology, sense memory, stage skills and basic script work. These classes will also be challenging and offer new and exciting activities for the more experienced!

Location: Mortensen Community Center Teen Center

Fee: \$106 for residents (fee remains the same for non-residents)

ID:	Grade	Time	Dates
7169	K - 2nd grade	5:00-5:45 PM	Tuesdays, Oct. 12 - Nov. 30
7170	3rd - 6th grade	6:00-6:55 PM	(7 classes, no class 11/2)

## Creative Playtime Preschool Program

Still has openings for the  
2010-2011 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

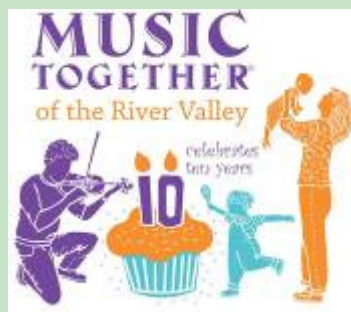
For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office or call

**860-665-8666**

## Music Together

Ages newborn to 5 years

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. *Minimum of 8 / Maximum of 12*



Location: Mortensen Community Center Romano Room

Fee: \$165 includes CD and all materials. Fee remains the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.

ID:	Time	Dates
<u>Wednesdays (10 classes)</u>		
7171	9:30 - 10:15 AM	Sept. 29 - Dec. 8
7172	10:30 - 11:15 AM	(No class 11/24)
<u>Thursdays (10 classes)</u>		
7173	9:30 - 10:15 AM	Sept. 23 - Dec. 9
7174	10:30 - 11:15 AM	(No class 11/11 or 11/25)

## Music Together Complimentary Demo Classes!

**Wednesday, September 15**  
**10:00 - 10:45 a.m.**  
**ID: 7175**

**OR**

**Thursday, September 16**  
**10:00 - 10:45 a.m.**  
**ID: 7176**

Pre-registration is required.

Class is held in the Mortensen Community Center Romano Room.  
Please call for more information.



# Youth Art Classes...

## Kids' Art Studio

Ages 5 - 12

This is a great course exploding with creativity and fun! Participants will explore various art media while creating 2-D and 3-D projects including Fall and Halloween. Art materials to be used include foam, paint, felt, wood sticks and more! All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$35 per session for residents  
\$44 per session for non-residents



## Children's Drawing

Ages 5\*-12

This is a course designed to instruct the young artist while having fun!

Concepts of shape, contour line, value, texture and shadows will be applied while drawing animals, buildings, people, cars, flowers, sea life and more! Each session will cover different topics. All supplies are provided.

**\*NOTE:** Children must be 5 years of age when the program begins and must have an ability to draw basic shapes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$35 per session for residents  
\$44 per session for non-residents

## Gingerbread House Workshop

Grades 1-6



Decorate your very own special holiday gingerbread house, without having to worry about the mess! Create a holiday memory that sparkles and gleams with all the season's colors. Gingerbread house kits will be supplied, and houses are pre-assembled and ready to be decorated! All materials and supplies, including the gingerbread house kits, are included in the fee for this class.

Location: MCC Arts & Crafts Room

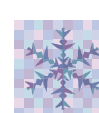
Instructor: Fran Judycki

Fee: \$20 for residents  
\$25 for non-residents

ID:	Time	Dates
<b>Ages 5 &amp; 6</b>		
7177	5:30 - 6:30 PM	Tuesdays, Sept. 21 - Oct. 19 (5 classes)
7178	5:30 - 6:30 PM	Tuesdays, Nov. 9 - Dec. 7 (5 classes)
<b>Ages 7 - 12</b>		
7179	6:45 - 7:45 PM	Wednesdays, Sept. 22 - Oct. 20 (5 classes)
7180	6:45 - 7:45 PM	Wednesdays, Nov. 10 - Dec. 15 (No class 11/24) (5 classes)

ID:	Time	Dates
<b>Ages 5 &amp; 6</b>		
7181	5:30 - 6:30 PM	Wednesdays, Sept. 22 - Oct. 20 (5 classes)
7182	5:30 - 6:30 PM	Wednesdays, Nov. 10 - Dec. 15 (No class 11/24) (5 classes)
<b>Ages 7 - 12</b>		
7183	6:45 - 7:45 PM	Tuesdays, Sept. 21 - Oct. 19 (5 classes)
7184	6:45 - 7:45 PM	Tuesdays, Nov. 9 - Dec. 7 (5 classes)

ID:	Time	Date
7185	6:15 - 7:15 p.m.	Thursday, Dec. 9 (1 class)



Program Information  
&  
Cancellation Hotline:  
**860-665-8686**

## Help Us Keep Our Programs Healthy



If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this season, our instructors will have the right to send any visibly ill children home from any program at their discretion.

## Reasons to Register Early for Programs and Classes!

Many classes are very popular, and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting, and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled, and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination often including facility scheduling, staffing and purchasing of supplies. So, if you know you want to take a class...

**PLEASE register early!**

# Youth & Teen Programs...

## Basketball Skills Clinic

Entering Grades 3 - 8

Scot Wenzel, Newington High School Boys Varsity Basketball Coach, presents this basketball skills clinic which is designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun! Topics include basic position, moving without the ball, shooting, ball handling, perimeter moves, post moves, defense, offense and rebounding, along with agility and conditioning drills.

Staff: Scot Wenzel

Location: John Wallace Middle School



ID	Group	Time	Fee
<b>Dates: Wednesdays, September 1 - October 13 (7 classes)</b>			
7096	Boys in Grades 3 - 5	5:00 - 6:15 PM	\$50
7097	Boys in Grades 6 - 8	6:20 - 7:35 PM	\$50
7098	Girls in Grades 5 - 8	7:40 - 8:55 PM	\$50

## Annual Halloween Party

Saturday, October 30th, 1:00 - 3:00 p.m.  
Mortensen Community Center

ID: 7208

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to keep your little ghosts and goblins busy. And, of course, it wouldn't be a Halloween Party without candy, refreshments and a DJ so we can dance the Monster Mash! This party is open to children in Preschool through Grade 4. Children should wear their costumes. Pre-registration is required by Thursday, October 28th. Registration fee is \$5 per child for residents, \$8 per child for non-residents.

Pre-registration is **REQUIRED**  
for this event by Thursday,  
October 28th.



## Teen Center Facility Rentals

Ages 7 - 18



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September

through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.



The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/26/10, 12/24/10, 12/31/10 and 2/25/11. Other closings may occur and signs will be posted. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

## 7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must** show their school ID at the door or a parent/guardian must be present to sign the student in - there are absolutely no exceptions. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATES FOR THESE 2010-2011 SCHOOL YEAR DANCES:

**Friday, October 29th, 2010**

**Friday, February 4th, 2011**

**Friday, April 8th, 2011**



## Teen Center

Grades 7 - 12

Friday Evenings, 7:00 - 10:00 PM

November 5th, 2010 - April 15, 2011



# Adult Sports...

## Badminton

*For Ages 18 & Up*

Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic men and women players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of a great cardiovascular workout.

**Supervisor:** Bob Briggaman

**Location:** Mortensen Community Center  
Gymnasium

**Fee:** \$30 for residents  
\$35 for non-residents

ID:	Time	Days
7099	7:30 - 9:30 PM	Wednesdays, Nov. 3 - Feb 2 (14 weeks)



## Men's Freeplay Basketball

*For Ages 18 & Up*

Here's your chance to get out and play some pick-up basketball games. This program is restricted to Newington residents only. Proof of residency is required at the time of registration.

**Location:** Mortensen Community Center  
Gymnasium

**Fee:** \$40 (residents only)

ID:	Time	Days
7100	7:00 - 9:00 PM	Mondays, Nov. 8 - March 21 (20 weeks)

## Co-Ed Volleyball

*For Ages 18 & Up*

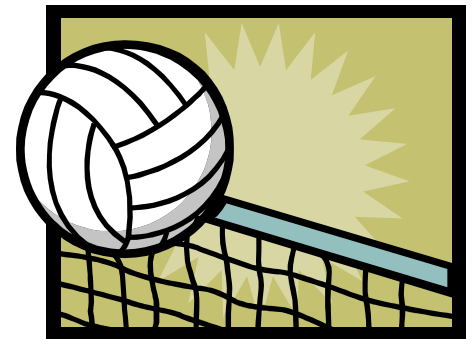
Join us on Wednesday evenings to play recreational co-ed volleyball. This is a non-competitive, free-play program for those interested in playing volleyball.



**Location:** Martin Kellogg Middle School  
Gymnasium

**Fee:** \$25 for residents  
\$30 for non-residents

ID:	Time	Days
7101	7:30 - 9:30 PM	Wednesdays, Sept. 29 - Dec. 8 (10 weeks, no program 11/24)



## Men's Basketball League

*For Ages 18 & Up*

Interested in playing in an organized basketball league? Newington Parks and Recreation offers a Men's Basketball league that runs from November through early April (Thursday nights and Sundays). The league consists of 20 teams, and players must either live or work in Newington to play. League fees are approximately \$825 per team. Teams that participated in the league last season need to contact the Parks and Recreation office by October 1st, 2010, if interested in returning. After that date, new (eligible) teams will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by email at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).

## Women's Volleyball

*For Ages 18 & Up*

Join a Women's Volleyball League! If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by email at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov). The season runs from November until early March. There will be open play on Monday, October 25th, and league play starts on November 8th.

**Supervisor:** Anna Dipierro

**Location:** Martin Kellogg Middle School  
Gymnasium

**Fee:** \$185 per team (15 weeks)

ID:	Time	Days
7102	6:30 - 9:30 PM	Mondays Nov. 8 - March 7 (no program 12/27, 1/17, 2/21)

## Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands.

The fee is \$30 per hour.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

# Adult Fitness...

## Cardio Tennis for Beginners



Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well!

*Instructors:* Newington Tennis Center Staff

*Location:* Newington Tennis Center, 60 Prospect Street

*Fee:* \$66 for residents / fee remains the same for non-residents

*Get in Shape  
and Learn  
How to Play  
Tennis!*



ID:	Time	Days
7210	4:00 - 5:00 PM	Sundays, September 12 - October 17 (6 classes)
7211	4:00 - 5:00 PM	Sundays, October 24 - November 28 (6 classes)
7212	4:00 - 5:00 PM	Sundays, December 5 - January 16 (6 classes, no class 12/26)

## Power Cardio



Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

*Instructor:* Laura Campbell

*Location:* Senior & Disabled Center Auditorium

*Fee:* \$50 for residents / \$62 for non-residents

ID:	Dates	Time
7134	Thursdays, Sept. 30 - Dec. 16 (10 classes, no class 11/11, 11/25)	5:45-6:45 PM

## Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

**Please Register Early!**

## Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

*Instructor:* Sandy Rovelli

*Location:* Senior & Disabled Center Auditorium

*Fee:* Tuesdays: \$44 for residents / \$55 for non-residents

Thursdays: \$36 for residents / \$45 for non-residents

ID:	Dates	Time
7126	Tuesdays, Oct. 5 - Dec. 14 (11 classes)	9:15 - 10:15AM
7127	Thursdays, Oct. 7 - Dec. 16 (9 classes, no class 11/11, 11/25)	9:15 - 10:15 AM

*Register for both classes and SAVE \$5!*

*Residents: \$75! Non-Residents: \$95!*





## Please Note:

All of our classes are for registered participants only. Many classes (especially adult fitness classes) fill to capacity. Due to safety and room restrictions, we cannot permit extra participants (friends, family members, etc.) into a class.



Unfortunately, we do not have the ability to provide child care services during our programs. Because we want to be able to provide an enjoyable program for our adult participants, we appreciate your cooperation in making alternative arrangements for child care.

## Hi/Lo Aerobics

Get Moving! This fun aerobics class includes kickboxing, funk, and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
7130	6:00 - 7:00 PM	<b>Mondays,</b>	\$44 for residents
7131	7:00 - 8:00 PM	Sept. 27- Dec. 13 (11 classes, no class 10/11)	\$55 for non-residents
7132	6:00 - 7:00 PM	<b>Wednesdays,</b>	\$44 for residents
7133	7:00 - 8:00 PM	Sept. 29 - Dec. 15 (11 classes, no class 11/24)	\$55 for non-residents

**Register for any 2 classes and SAVE! Residents: \$83! Non-Residents: \$105**

## Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk



ID:	Dates	Time	Fee:
7128	Mondays, November 8 - December 20 (6 classes, no class 12/6)	5:00 - 5:50 PM	\$29 for residents \$36 for non-residents
7129	Tuesdays, October 5 - December 14 (8 classes, no class 10/19, 10/26, 12/7)	5:45 - 6:45 PM	\$40 for residents \$50 for non-residents

Try it out! **NEW!**



## Zumba Toning Demo Class

Zumba Toning™ – Work hard. Play hard. Same time. The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants will use 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength. Bring your own weights for this session. Shake It. Tone It. Rock It. Serious body sculpting for party animals.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

Fee: \$5 for residents / \$8 for non-residents

ID:	Dates	Time
7209	Mondays, October 4th (1 class)	5:00 - 5:50 PM

# Adult Programs...



## Spotlight On...



### 7th Annual Waterfall Festival

**Saturday, September 25th, 10 a.m. - 5 p.m. (Rain Date: October 2nd)**  
**Market Square, Downtown Newington**

This event includes an artist's "chalk walk", live entertainment, DJ, food, vendors, music, crafters, historical displays, and a chili cook-off. This is not a Parks and Recreation Department sponsored event - for more information, please visit [www.NewingtonWaterfallFestival.com](http://www.NewingtonWaterfallFestival.com).

## Drawing For Everyone

This is a course for beginners or experienced artists who want to strengthen their drawing skills. Topics will include light and shade, contour line, composition, texture, perspective and more. Come and explore the theories and techniques of observational and imaginative drawing! The best way to improve your painting skills is to improve your drawing skills. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.



*Instructor:* Fran Judycki

*Location:* Senior & Disabled Center Arts & Crafts Room

*Fee:* \$45 for residents  
\$56 for non-residents

ID:	Time	Dates
7135	6:30 - 8:00 PM	Mondays, September 13 - October 25 (6 classes, no class 10/11)

## Oil Painting For Everyone

This is a course for the beginner or experienced painter designed to provide individual instruction while allowing participants to work at their own pace. Learn the principles of light and shade, composition, perspective, color mixing and more! Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.



*Instructor:* Fran Judycki

*Location:* Senior & Disabled Center Arts & Crafts Room

*Fee:* \$60 for residents  
\$75 for non-residents

ID:	Time	Dates
7136	6:30 - 8:30 PM	Mondays, November 1 - December 6 (6 classes)

## The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

*Instructor:* Ken Zaborowski

*Location:* Mortensen Community Center Romano Room

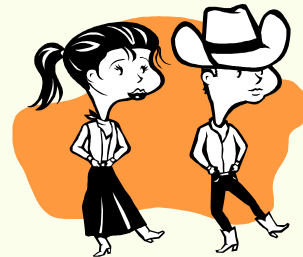
*Fee:* \$68 for residents / \$85 for non-residents

ID:	Class	Time	Dates
7137	Beginners	5:30 - 6:30 PM	Mondays, Sept. 27 - Dec. 13 no class 10/11 (11 classes)

7138	Intermediates	6:30 - 7:30 PM	Mondays, Sept. 27 - Dec. 13 no class 10/11 (11 classes)
------	---------------	----------------	--

## Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.



*Instructor:* Wendy Nielsen

*Location:* Senior & Disabled Center Ceramics Room

*Fee:* \$77 for residents  
\$96 for non-residents

ID:	Time	Days
7139	5:30—6:30 PM	Mondays, Sept. 27 - Dec. 13 (11 classes, no class 10/11)

# Adult Yoga and Pilates Classes...

## Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

**BEGINNERS:** Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

**INTERMEDIATE:** Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

**MIXED-LEVELS:** Everyone is welcome at this class! Options for different ability levels will be provided.

*Instructor:* Maggie Downie  
*Location:* Senior & Disabled Center Room A & B  
*Fee:* Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
<b><u>Wednesdays - Beginners or Intermediates</u></b>			
7103	Beginners	5:30-6:30 PM	Wednesdays, Oct. 6 - Dec. 15
7104	Intermediate	6:30-7:30 PM	(no class 11/24, 10 classes)

## Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

**MIXED-LEVELS:** Everyone is welcome at this class! Options for different ability levels will be provided.

*Instructor:* Maggie Downie  
*Location:* Senior & Disabled Center Room A & B  
*Fee:* Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
<b><u>Mondays - Mixed-Levels</u></b>			
7105	Mixed Levels	5:30-6:30 PM	Mondays, Oct. 4 - Dec. 13
7106	Mixed Levels	6:30-7:30 PM	(no class 10/11, 10 classes)

## Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

*Location:* Mortensen Community Center Romano Room  
*Instructors:* Karen Sevenoff / Cynthia Wolcott  
*Fee:* Tuesday class: \$66 for residents / \$82 for non-residents  
 Thursday class: \$72 for residents / \$90 for non-residents

ID:	Class	Time	Dates
7107	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, October 5 - December 14 (11 classes)
7108	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, September 16 - December 16 (12 classes, no class 11/11, 11/25)
7109	Mixed Levels Yoga with Cynthia Wolcott	7:05 - 8:20 PM	Thursdays, September 16 - December 16 (12 classes, no class 11/11, 11/25)

## Yoga Class Descriptions

### Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!



### Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



# Programs for Older Adults...

## Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!

**Monday through Friday 8:30 - 11:30 AM**

**\*FREE\***

*There will be no indoor walking available when Town Hall is closed.*

*Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the whole gym is not available.*

*We apologize in advance for any inconvenience this may cause.*



## Zumba Gold

This fun Zumba class is designed for the active adult population or the true (deconditioned) participant. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations. Created to emphasize the basic steps of Zumba, this explosive program is so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, Zumba Gold creates a party-like atmosphere that is incredibly fun, different, easy to follow and effective. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing and bring water.

*Instructor: Jenn Trent*

*Location: Mortensen Community Center Gymnasium*

*Fee: \$48 for residents / \$60 for non-residents*



ID:	Time	Days
7114	11:00 - 11:45 AM	Fridays, Sept. 17—Dec. 10 (12 classes, no class 11/26)

## Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone, and cardiovascular fitness. Bring a set of hand weights.

*Instructor: Sandy Rovelli*

*Location: Senior & Disabled Center Auditorium*

*Fee: Tuesdays: \$39 for residents  
\$49 for non-residents*

*Thursdays: \$32 for residents  
\$40 for non-residents*

ID:	Time	Days
7110	10:20 - 11:20 AM	Tuesdays, Oct. 5—Dec. 14 (11 classes)
7111	10:20 - 11:20 AM	Thursdays, Oct. 7—Dec. 16 (9 classes, no class 11/11, 11/25)

*Register for both classes and SAVE \$5!*

*Residents: \$66! Non-Residents: \$84!*

## T'ai Chi For Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density, and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

*Instructor: Ken Zaborowski*

*Location: Senior & Disabled Center Auditorium*

*Fee: \$50 for residents  
\$63 for non-residents*

ID:	Time	Dates
<b>Beginners</b>		
7112	9:00 - 9:45 AM	Mondays, Sept. 27 - Dec. 13 No Class 10/11 (11 classes)
<b>Intermediates</b>		
7113	10:00 - 10:45 AM	Mondays, Sept. 27 - Dec. 13 No Class 10/11 (11 classes)



**Program Information  
&  
Cancellation Hotline:  
860-665-8686**

# Programs for Older Adults...

## Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

*Instructor:* Linda Leslie

*Location:* Senior & Disabled Center Rooms A & B

*Fee:* \$26 per session for residents  
\$33 per session for non-residents

ID:	Time	Dates
7115	11:15 AM - 12:15 PM	Mondays, Oct. 4 - Nov. 8 (5 classes, no class 10/11)
7116	11:15 AM - 12:15 PM	Mondays, Nov. 15 - Dec. 13 (5 classes)

## Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

*Instructor:* Sandy Rovelli

*Location:* Senior & Disabled Center

*Fee:* \$15 for residents / \$18 for non-residents

ID:	Time	Dates
6875	11:30 - 1:30 PM	Tuesday, Sept. 14
7117	11:30 - 1:30 PM	Tuesday, Oct. 12
7118	11:30 - 1:30 PM	Tuesday, Nov. 9
7119	11:30 - 1:30 PM	Tuesday, Dec. 7



## Dance Classes for Older Adults

Dancing is a great way to stay active, healthy, and have fun. Ballroom dancing is a great class for those who are new to dancing or would like to improve existing dance skills. You will be exposed to the Foxtrot, Waltz, Rumba, Cha Cha and Swing. Have fun while benefiting from an excellent form of exercise! Or try our new Line Dancing classes, another fun way to exercise! Come with or without a partner.

*Instructor:* Wendy Nielsen

*Location:* Senior & Disabled Center Ceramics Room

*Fee:* \$39 per session for residents  
\$49 per session for non-residents

ID:	Time	Dates
<b>Session 1 (5 classes):</b>		
7120	BALLROOM	10:00 -11:00 AM Fridays, Sept. 24 - Oct. 22
7121	LINE DANCING	11:00 AM -12:00 PM Fridays, Sept. 24 - Oct. 22
<b>Session 2 (5 classes, no class 11/26):</b>		
7122	BALLROOM	10:00 -11:00 AM Fridays, Oct. 29 - Dec. 3
7123	LINE DANCING	11:00 AM -12:00 PM Fridays, Oct. 29 - Dec. 3

## Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, sea-scape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.



*Please note that the Tuesday class is 2.5 hours in length while the Thursday class is 2 hours.*

*Instructor:* Fran Judycki

*Location:* Senior & Disabled Center Arts & Crafts Room

*Fee:* Tuesday Class: \$105 for residents / \$130 for non-residents  
Thursday Class: \$70 for residents / \$88 for non-residents

ID:	Time	Dates
7124	9:15 - 11:45 AM	Tuesdays, Sept. 14 - Nov. 30 (12 classes)
7125	9:45 - 11:45 AM	Thursdays, Sept. 9 - Nov. 18 (no class 11/11, 10 classes)



# Parks & Recreation Registration Info...

## OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

### Convenient Ways To Register...



**Fax-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.  
**Fax to (860) 665-8739.**



**Mail-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**



**Walk-in:** Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are:  
**Monday – Friday, 8:30 AM – 4:30 PM.**  
**\*Drop slot available after hours.**



**Phone-in:** Please have your VISA, MasterCard or Discover card ready when you call us at: **(860) 665-8666.**

## IMPORTANT INFORMATION

If you are registering a **child under the age of 6** and they have not participated in our programs in the past, include a copy of the child's birth certificate with the registration form. This is a one-time request.

If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.

If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.

Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

## POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. The Parks & Recreation Department will try to accommodate all registrants. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

### Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Wednesday, August 25th, 2010. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, camps and others) are not available for non-residents. Please contact our office to find out if the program you are interested in is available for non-residents.

### Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

### Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

### Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

## Contact Us:

### Phone:

Voice: 860-665-8666  
Fax: 860-665-8739  
Hotline: 860-665-8686

### At the Office:

Monday - Friday  
8:30 a.m. - 4:30 p.m.  
131 Cedar Street  
Newington Town Hall  
Mortensen Community Center

### On the Web:

[www.NewingtonCT.gov](http://www.NewingtonCT.gov)